

Kitchen Safety



More fires start in the kitchen than anywhere else in the home - but that doesn't mean you have to get rid of your stove or eat out all the time. There's a lot you can do to help fireproof your kitchen and reduce the chances of a fire starting from cooking.

So why do cooking fires happen? Frequently it's because people leave cooking food unattended. Often the fire starts within the first 15 minutes of cooking, showing that there is no safe period of time to leave cooking unattended.

How to Prevent Cooking Fires

- ◆ Never leave cooking unattended.
- ◆ Do not use a stove or oven to heat a house.
- ◆ Keep combustibles away from cooking surface.
- ◆ Keep cooking surface clean and free from grease build up.
- ◆ Wear short, close fitting, tightly rolled sleeves when cooking.
- ◆ Make sure all small appliances are turned off prior to sleeping or leaving home.
- ◆ Monitor hot oil carefully and heat it slowly, keeping the pan lid and oven mitt close at hand. Guard against splattering grease.

What to do In case of a Cooking Fire

- ◆ Keep Calm!
- ◆ Turn off the stove, oven, microwave or other equipment involved in the fire
- ◆ In case of a stove fire: Turn off the stove, carefully slide lid onto pan. Do not remove any pan lid until it is completely cool
- ◆ In case of oven fire: Turn off and do not open the oven door
- ◆ In case of microwave fire: Do not open the door, unplug the microwave
- ◆ Baking soda can be used to smother a fire
- ◆ **NEVER** use **WATER** to extinguish a grease fire.
- ◆ Call 911!

Children

- ◆ If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.
- ◆ Make sure older children know how to safely use the stove and microwave, and that they understand what to do in case of fire.
- ◆ As always, it's the adult's primary responsibility to keep family members safe from fire. This means teaching everyone, including young children about fire prevention, making and practicing a home escape plan, and keeping smoke alarms in good working order!

Stay in the Kitchen

- ◆ Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- ◆ If you must leave the room, even for a short period of time, turn off the stove.
- ◆ When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.



**Fire Safety Starts with
YOU!**

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